



NATIONAL CENTER FOR PUBLIC SAFETY FITNESS

21 March 2005

As Director of the National Center for Public Safety Fitness at George Mason University, I would like to invite you and your agency's training personnel to participate in our LawFit Fitness Leadership Workshop to be offered 4, 5, and 6 May 2005 at the Richmond Police Training Academy in Richmond, Virginia. This workshop will provide your personnel with information concerning the Virginia Department of Criminal Justice Services' job-validated physical abilities course and the National Center's fitness tests developed for academy recruits and incumbent officers. Workshop participants will have the opportunity to learn a variety of assessment skills and training strategies for planning and implementing effective health maintenance programs for their agencies.

Cost for the workshop, course materials, and certification is \$400.00. Housing and meals are the responsibility of participants. A list of local hotels that provide reduced rates for officers participating in training at the Richmond Police Academy have been included in this mailing.

I encourage you to take advantage of this opportunity to provide cutting-edge health and wellness for your agency's law enforcement personnel. Enclosed you will find a copy of the workshop registration form, a list of Richmond area hotels, information concerning participant training gear, and directions to the Academy. **Since there are limited spaces available in this workshop, mail or fax your registration as soon as possible to the National Center for Public Safety Fitness at the address listed on the registration form. Checks should be made payable to: GMUF/LAWFIT.**

The National Center for Public Safety Fitness looks forward to working with you and your agency. If you have questions, please call Dr. Dave Bever (703)-993-2071 or Ms. Carolyn Wright (804)-646-6144.

Sincerely,

Dave Bever

Dr. David L. Bever

Director - National Center For Public Safety Fitness